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ABSTRACT OF THE DISCLOSURE

An exercise device for strengthening and enlargement of the penis includes a substantially helical spring including a first lever arm, a central spring section having one end integral with one end of the lever arm, and a second lever arm integral with a second end of the spring section, each lever arm having one free end including a  
10 retainer element. The device also includes a selectable weight attachable to the spring section and a first flexible elongate pad having a width and length proportioned for engagement about the penis. The device also includes a flexible cord, having opposing ends attached to respective opposite ends of the first pad, passing through the retainer means of the first lever arm. The device also includes a  
15 flexible elongate pad having a width and a length proportioned for engagement about the penis, and a flexible cord having opposing ends attached from respective opposite ends of the second pad, the cord passing through the retainer elements of the second lever arm.

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